

Pain Management Therapy Worksheet

Part A: The questions mentioned below will help you identify the physical and psychological aspects of pain. Answering these questions will help you understand your pain better. After answering the questions, head over to Part B to about a few strategies for pain management.

Answer the questions below
In which part of your body do you feel pain?
Rate the intensity 1 out of 10
How do you feel give words to your feelings
What helps you deal with the pain?
Explain things and situations that increase your pain.

Part B:

Here is a list of a few ways to manage pain:

1. Regularly visit your health care provider.
2. Take your medications properly as per the advice of your healthcare provider. Do NOT self-medicate.
3. Maintain a healthy daily routine.

4. Keep yourself active. DO engage in physical activities recommended by your doctor. DO NOT engage in activities that your medical provider asked you to refrain from.
5. Utilize relaxation techniques such as deep breathing to keep your stress at bay. Research suggests that stress can aggravate pain.
6. Take a healthy diet and keep yourself hydrated
7. Make sure you take adequate rest

Reference

[Polomano, Rosemary C., Colleen J. Dunwoody, Dina A. Krenzischek, and James P. Rathmell. "Perspective on pain management in the 21st century."](#)